



THE DESERT ANCHOR



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THE DESERT ANCHOR

The Desert Anchor is a newsletter devoted to the Sailors and families of EMF-Kuwait

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U. S. NAVY PHOTO BY HM3 STEENBLOCK

DET C WAVE 1 BEGINS PRE-DEPLOYMENT TRAINING



Photo by HMC Alex Grant

Sailors from more than 20 commands around the world have reported to Navy Expeditionary Medical Training Institute (NEMTI) to undergo training that will prepare them for deployment with Expeditionary Medical Facility Kuwait. These Sailors make up Detachment "C", Wave 1. After completion of training at NEMTI they will report to Camp Arifjan where they will relieve Detachment "B" Wave 1 personnel.

A WORD FROM THE C.O. AND CMC



CAPT C. F. FAISON

At Ali Al Salem air base, there is a building with a wall that I try to see every chance I get when I go there to visit our clinic. It's not a particularly attractive wall, being made of the typical yellow bricks you find in this region that characterize most military buildings. However, that wall is the reason we are here. Unless you look closely at that wall, you'll miss that it is covered with bullet holes, some high up, some low to the ground. When the Iraqis invaded Kuwait in 1991, they took control of this air base. They summarily hanged the Commanding General from the flag pole on base (still there today and another place I look for when I visit). Then, they rounded up all the local civilians...men, women, children...elderly, infirmed...it didn't matter. They lined them up against this wall.....and then shot them. The tall bullet holes on the wall mark where they shot the adults. The lower bullet holes mark where they shot the children.

Each time I see that wall, I offer up a silent prayer for those victims....and I also realize why we are here. That wall gives me strength and commitment because that wall represents all that we are fighting against in this war on terror. We are fighting against those who have so little regard for human life and are so opposed to anyone different than themselves that they would kill innocent people to further their goals. In 1991, it was Saddam's Republican Guard killing non-Iraqis. Today it is Al Qaeda. The innocent victims of their terror are no different that the innocent victims lined up against that wall fifteen years ago. The world I want to leave my kids isn't a world where walls like this can stand...where bullet holes mark innocent deaths....where just being different means not worthy to live. That's not the world we want for our loved ones. Each of you is here to help ensure walls like this become only a distant memory for us and become totally unknown to our children. Some would say it could never happen in America. Take another look. The innocent victims in the World Trade Center, the Pentagon, Flight 93, the potential victims of the Holland Tunnel plot recently uncovered....all tell us that hate is alive and living among us and that walls like this can happen in America just as they happened here. Taking the fight to the enemy offers us our best hope of never having those walls in America. That's why we're here.

Recently, after a recent trip to Ali Al Salem and the wall, I was relaxing and flipped on the TV. What I saw made me realize what heroes each of you is for your service over here. I saw things like the self-absorbed models of the Fashion Channel who are more concerned about their hair than their world. I saw movie stars more concerned about hawking their latest movie than about rolling up their sleeves and pitching in to help make the world a better place. I saw talk shows where people are more concerned about ratings and making a name for themselves than about making a better world for their families. None of those people know about that wall at Ali Al Salem. But, you do. And then I remembered all the times I've seen each of you in action and seeing what you do every day....and it fills me with pride in every single one of you...because each of you isn't about any of those superficial, shallow, self-centered things. Each of you is

See SKIPPER on next page



HMCM (FMF) D. B. WHIGAN

I would like to share my proud moments and heart warming, truly inspirational, and motivating experience during my Rest and Recuperation (R&R) in the USA.

On 15 June 2006, I took my R&R trip to visit my family from Ocean-side, California as an incentive for my one year deployment in theater. Along with over 240 uniformed Soldiers, Sailors, Marines and Airmen; we began our journey from Kuwait City International Airport aboard a chartered commercial aircraft with a brief stop in Europe and then a continued flight to Dallas-Fort Worth, Texas. My pleasant experience began upon boarding the plane; greeted by the crew members expressing their endless thanks for the job that we do for our country. During our flight, the crew provided us with friendly service and hospitality. Minutes prior to our landing at Dallas-Fort Worth Airport, our pilot announced his gratitude and honor for having the privilege and opportunity to fly the fine men and women in uniform safely back to their loved ones. The passengers of the aircraft responded with resonating cheers and applause.

Upon arrival at the terminal, we were met by Army personnel who provided us with a quick brief before we proceeded to pick up our baggage. As we hurriedly left the terminal to find our connecting flight, we were surprised by a welcoming crowd of all ages; cheering, wearing big smiles, shaking our hands, tapping our shoulders, giving us hugs, waving American flags, and inspiringly expressing their heartfelt thanks for the sacrifices that we do for our country. Some said, "thank you for keeping us free." As we went through the crowd, bottles of water, sodas, and snacks were offered to us. Cell phones were readily available for us to contact our loved ones. I felt so wonderful and that pleasant and proud feeling inside me was overwhelming as I walked out of the terminal. USO representatives guided us to the right bus to shuttle us to our connecting flight. Needless to say, I easily managed to get to the ticketing counter. As I stood in line (still in my desert camouflage uniform) waiting for my turn to get my ticket, a polite airline representative approached me saying, "Please let me help you sir." She took my itinerary, printed my boarding pass, smiled and handed it to me saying, "thank you so much for preserving our freedom." When I glanced at my boarding pass, I noticed in very distinct bold letters, First Class. Wow! All I could do was to give the lady my endless thanks and express my deepest appreciation for their support and hearty accommodation for military personnel. When I was walking towards my connecting flight lounge, almost every person that I encountered came over to thank me, give me a great smile or shake my hand. Even when I was seated, people came to me and conveyed their gratitude and support for what we do in theater. I had instances when kids, ages 5 to 10 came to me and expressed their thanks for keeping them safe. On one occasion, an eight year old boy (with his mommy) from Scotland followed me when I came out of the USO lounge. His mom caught up with me and said, "My son Robbie would like to talk to you." When I turned around to meet Robbie, he greeted me with great smile and said in a very calm voice, "Thank you Sir." I shook his hand, gave him a hug and thanked him for his

See CMC on next page

CHAPLAIN'S CORNER

From the Desk of the Command Chaplain, LT Andrew Smith



A C-17 is an enormous aircraft, not the largest in our armed forces, but big enough to hold an M-1 Abrams main battle tank. Imagine, a tank inside an airplane, and the airplane still flies, that's a C-17.

I was on a C-17 on two different occasions this week. The parallels and the distinct differences of both occasions struck me.

The first was a rather happy occasion. Three buddies and I flew on a C-17 to Doha, Qatar for our 4-day rest and recuperation pass. We had a very enjoyable time and did our best to live up to the reason for the trip.

My second occasion was not such a happy one. In fact, I flew nowhere. Instead, I joined 23 of my fellow airmen, soldiers, and Marines on a C-17 for a ceremony for three fallen warriors as their flag draped coffins were carried onto the plane and readied for transit. It is not an elaborate service. The ceremony is a simple, dignified honor bestowed on those of our fellow military family who have offered the ultimate sacrifice.

I offered a brief prayer for the families of the fallen in their grief as well as a blessing to our brothers whom we were sending home. As you might imagine, it was a sobering moment for all present. It was also a powerful reminder to those of us who are left to render these honors that the memory of our fallen should not fade. Even more personally, it was a sobering reminder that life is to be lived and not lost on the little things that tend to sap the joy out of life.

My wife and I had a similar experience after our first deployment. Granted, that deployment was in the immediate wake of 9/11 and what the whole country experienced, we experienced in the microcosm of our family. But my point is that deployment and the others that have followed have shown us how much of a waste of precious time it is to fight over petty things, like where we might eat dinner, or what movie or television program we might watch together or even bigger things like the family vacation or the trip to see which set of family.

On the whole, I fear that most in our country is more interested in the next season of *The Simple Life* or which summer blockbusters will capture the box office instead of the foreign policy of our nation and the current high stakes of that policy in far off places like Iraq, Afghanistan and the Horn of Africa.

Military families know that life is precious. We have attended the ceremonies and celebrations of corps and communities. We know all too well the sound of a bugle playing Taps. We know that the life we share with those we love is the most precious thing we have. It is our foremost duty to enjoy that life and cherish it and in so doing make the world a slightly more livable place. That is why we sacrifice to bring that life and freedom to people halfway around the world.

Not that I haven't had my share of frustration inherent in being half a world away from my family and still seemingly unable to communicate any of that frustration in a constructive and positive way, but on my second trip to a C-17 this week, those frustrations faded to the background.

We are coming closer to the end of the deployment and for half of us, the end is even closer. My prayer for us all, those deployed and those families without whose love and support we could not possibly bear this job and this environment, is that we would all allow those little frustrations to fade to the background and move closer to a more purposeful life and certainly a life filled with thankfulness and even joy.

SKIPPER (continued from previous page)

about service....and commitment....and honor.....and helping others that need our help.....and, ultimately, about making this world a better place and making sure those walls never happen again. And I admire each of you for that.

The time is getting close for you to go home. When you do, go home with the knowledge that you made a difference, that, when your nation needed you most, you stood up and said "send me." When you get home, look around you at the people in the mall, in a restaurant, on TV, anywhere.....and ask yourself if they could say the same. Probably not. Then go home and look in the mirror....at the face of a hero. So...take pride in yourself and what you are doing. I do....the pride I have in each of you is more than I could ever put into words. Because, in you, I see heroes that sacrificed to serve others and I know that, because of you, the world will be a better place. Because of you.

CMC (continued from previous page)

kind words and trust.

The endless support, appreciation, and words of encouragement went on and on until I got out of the San Diego International Airport. This experience continued after I reached home when talking to relatives, friends, and neighbors and on my journey back to Kuwait as I traveled through the same airports.

Shipmates, I'm sharing this pleasant and noteworthy experience to let you know that our fellow Americans are very appreciative and continue to provide their support and thanks for the sacrifices that you do to fight terrorism and preserve freedom. In your next communication with your loved ones, friends, and relatives; please take a moment to thank them for their great support, inspiration, love, understanding, and prayers.

To our loved ones, let me take this opportunity to express my deepest gratitude for lending and sharing your Sailor to EMF Kuwait in support of our country's fight against terrorism and to defend freedom and democracy, not just for America, but around the world.

God Bless America!



HN Laqunia Williamson views and records wet, dry and globe temperatures. Photo by LCDR Cheryl Ray.

How Hot Is It?

By LCDR Gregg Montalto, MC, USN

It's a dry heat!

There is some truth to that statement, though if you ask most of the staff of EMF Kuwait, it is still uncomfortably warm many days here in the desert. As the medical staff, we need to ensure that the Sailors, Soldiers, Marines, and Airmen whom we care for understand the dangers of the weather, here, at home, and anywhere else they may be deployed.

Heat injuries, including muscle cramps, heat exhaustion, and heat stroke (also known as sun stroke) can keep military units from performing their jobs, which in turn can be detrimental to mission completion. The military has recognized this for many years. In fact, as far back as Alexander the Great, militaries have planned campaigns with the weather in mind.

When the Marine Corps noted increased numbers of heat casualties at Marine Corps Recruit Depot, Parris Island in the 1950s, they looked for ways to monitor the effects of heat, humidity, and wind on the Marines in training. It was at that time the Wet Bulb Globe Temperature (WBGT) was developed. This "effective temperature"—what the body feels—is still used today, by both military and civilian institutions, amateur and professional sports teams, and even equestrian clubs.

The body's thermostat is in the hypothalamus, which is part of the brain. When we are cold, the hypothalamus tells us to shiver, which warms us up. When we are warm, our hypothalamus sends more of our blood to our skin, where we can lose heat to the air around us. It also tells us to sweat, which is the most effective way to lose heat in a desert environment. Without our brains' responses to cold and heat, we would not be able to survive.

Heat is gained, and our body temperature goes up, in different ways. *Conduction* of heat is when our body is in contact with something warmer than our 98.6°, such as warm sand on our feet. *Convection* occurs when warm desert air blows by our skin, and transfers heat to our bodies. *Radiation* from the sun also increases our body temperature, as well as the temperature of the objects around us, such as the sand and the concrete. The heat from the ground can then be conducted and radiated into our bodies when we come in contact with it and stand close to it.



HM3 Robert Seeley raises the yellow flag corresponding to the WBGT index reading. Photo by LCDR Cheryl Ray.

When we are in a very warm environment such as Kuwait, where our surroundings are warmer than we are, we cannot lose much heat through conduction, convection, and radiation. *Evaporation* is the most important means of losing heat in a dry desert environment. When we lose the ability to sweat—most commonly due to dehydration—our body temperatures can get dangerously high.

The WBGT combines three thermometers to measure the effects of heat gain and heat loss—conduction, convection, radiation, and evaporation—to give us a temperature that our body "feels." If the weather is warm and humid, or not very windy, our sweat is not evaporated; therefore it does not work to cool us. The *wet bulb temperature* (thermometer connected to the water in the IV bag in the picture of HN Williamson above), is much lower when it is less humid, or if there is a breeze, since the water evaporates from the tip of the thermometer. The wet bulb temperature will be much higher in Alabama in the summer than in Kuwait, since less water is evaporated from the wet bulb due to Alabama's higher humidity.

The *black bulb temperature*, which is measured by a thermometer inside a black globe, measures the radiant heat from the sun. We experience the black bulb temperature when we get in our cars, after having been left out in the hot sun all day. The temperature inside the car is higher than outside since it absorbs the sun's radiant heat. Because it is not very cloudy in Kuwait, there is nothing to absorb the sun's radiation, and the black bulb temperature tends to be high.

The *dry bulb temperature*, which is the temperature the weather man reports on the news, is the temperature in the shade, with no wind. Although it is exciting to tell our families how hot it is from the temperatures on Fox News, the wet bulb—not the dry bulb—plays a larger role in how our bodies respond to the heat.

The Hospital Corpsmen understand the importance of heat and its effects on the body. They are responsible for reporting the WBGT through the chain of command of both the Army and the Navy. Because of the corpsmen's knowledge and dedication, the Kuwait theater has been able to avoid many heat casualties, and we are better able to carry out our mission.

HEALTH & WELLNESS



Performance Enhancement Using Proper Nutrition: Part III

By LTJG Amit Sood, MSC, USN

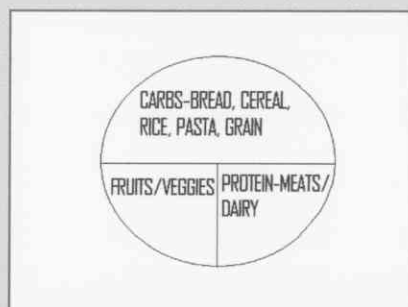
So far, we've covered what to eat, now let's look at when to eat along with some other tips regarding proper nutrition. One of the most crucial times to eat is immediately after a hard workout. This is the time when your muscles are most receptive to nutrients. Try to down a good source of protein (15-20 grams) with a carbohydrate source (30-60 grams) ASAP after a workout. Example: 1-2 cups skim milk with a banana, or protein powder mixed with a sports drink or fruit juice. Eating immediately after a workout will help you to go the extra distance and reduce fatigue in your subsequent workouts. Consume a healthy portion of a mixture of different carbohydrates and a good source of lean protein within 30-60 minutes after the workout. Subsequently, you want to maintain a high carbohydrate and moderate protein intake for the next few meals that should follow every 2-3 hours. Remember that going without food for a prolonged amount of time, i.e. greater than 4-5 hours will reduce your ability to gain muscle mass most efficiently. But this doesn't mean you wake up in the middle of the night and run for the fridge! However, when you wake up, eat within 2 hours to break the fast from overnight. This will help to minimize muscle loss and help to keep metabolism up. What about eating after 6pm or 8pm? Will that cause unnecessary weight gain? Not really, but just make sure you eating your last meal approximately 2-3 hours prior to bedtime.

Eating prior to working out is crucial to help you get the energy to perform your best. First of all, make sure you are eating multiple times per day (4-6 meals). If you are eating 1-2 meals per day, chances are those meals are going to be large! Eating a huge meal in one sitting does no good for the body's metabolism, and also does not help you to gain muscle mass efficiently. If you eat too much food at one time, the body will simply take what it can metabolize at that time and send the rest of it to fat storage. You might end up gaining the wrong kind of weight. If you are having a fairly large meal prior to a workout, make sure you have it 4 hours before your workout. If you are able to eat every 3 hours then you should eat a good source of complex carbohydrates with a little bit of protein about 3 hours prior to hitting the gym. Example: Peanut butter and jelly sandwich on whole wheat bread 3 hours prior to weight training.

Lastly, do not neglect proper hydration. Two hours prior to workout, consume up to 3 cups of water, during a workout consume up to 2 cups, and post workout consume enough so that your urine is clear. Generally speaking, an athlete should consume about 4-6 liters of water per day. Caution: too much water can be bad and may cause a medical condition called hyponatremia, which is also called "water intoxication." Realize that the bigger you are, the more water you might need; however also realize that a well balanced diet alone provides about ½ liter of water on a daily basis.

In summary, if you have a relatively higher carbohydrate intake with moderate protein intake, and a relatively low fat intake, you will not only be making healthier choices, but also succeed in changing your body into the machine you want it to be!

Plate Method for Athletes: Follow this plan for each meal while incorporating snacks in between. Each section on the plate should be filled with healthy food choices from the categories listed.



Nutrition TIP: Say no to Supplements!

If you are trying to gain weight, lose weight, improve athletic performance, the best way to do it is with whole foods and exercise. When one decides to go on an ergogenic supplement to try to bulk up or get cut, the person tends to workout harder almost automatically. Often times the person is just starting to workout for the first time or is starting up again after a long time of no physical activity. The results they gain are usually due to the new-found exercise and diet routine. Supplements are not regulated by the Food and Drug Administration and we as consumers don't know what's really in that pill. Supplements cause temporary changes and do little to nothing for permanent muscle gains or permanent weight loss. Plus, they can sometimes do more harm than good. Realize that information often written in muscle mags is in favor of the product, not your health. So stop wasting your money and risking your health and be wise when deciding to put a foreign substance in your body. For more information on supplements and to find out which ones might be helpful as opposed to harmful, go to:

EMF Pays Tribute to Fallen Hero

By HM1 David Crain



HM3(FMF) John Fralish

EMF Kuwait Sailors recently paid tribute to one of their own, when a newly erected tent was dedicated in the name of Hospital Corpsman Third Class (Fleet Marine Force) John Fralish. Fralish, an EMF plank owner, was killed in action on February 3, 2006, when his convoy came under attack in Methar Lam, Laghman Province, Afghanistan. He was serving with 1st Battalion, 3rd Marine Regiment at the time.

During the dedication ceremony, speakers including Commanding Officer CAPT C. F. Faison, CDR Esteban Villaros, HM3 Yazmin Avila-Lima and HM3 Geraldine Strauss commented on Doc Fralish's heroic actions and relayed personal stories.

CAPT Faison relayed a story of how HM3 Fralish went beyond the call of duty when he risked his life to help an Afghan girl who had fallen and received a deep laceration to her leg. The wound was infected and after treating her with his limited supplies, Fralish removed the caduceus from his collar and gave it to the girl's father along with a note to guarantee passage to a nearby hospital. The girl ended up losing the leg, but is alive today because of Fralish's actions.

CDR Villaros spoke of when he and Fralish had been deployed together at the Kuwait Armed Forces Hospital (KAHF) in 2004. The two of them helped with the construction and set-up of the current EMF tent hospital that we utilize today. Villaros noted how HM3 Fralish was integral to setting up the hospital and that both he and Fralish are plank owners.

HM3 Avila-Lima spoke of his infectious smile and his kind and thoughtful nature. She noted, "I had the distinct pleasure of meeting John while stationed in Portsmouth. I never imagined what a great guy he was. I never had the opportunity to work with him, but I can only imagine what a great corpsman he was. He was the type of person that no matter what, he would always go out of his way to help a friend in need. This is my story with John; he will be missed very much by friends and family."

During the closing remarks, Captain Faison noted "I have never been more proud than I am today of all of you. This is again another testament to the sacrifices you all make as Hospital Corpsmen."

HM1(FMF/SW) Napoleon Lewis organized the event that was attended by more than 100 guests.



Photo of remembrance table by CAPT Thomas Baransky

Mustang Association Career Night

By LT Rebecca Taylor NC, USN

On June 25, the Mustang Association sponsored a career night for the enlisted staff. A wonderful slide presentation was given by LCDR LaDawn White, President of the Mustang Association. In the presentation, information was given on numerous Navy programs that allow enlisted members to proceed to the officer ranks. Approximately 12-15 enlisted staff attended. It was refreshing to see the enthusiasm and interest of the young Sailors. Information is also available on the website www.sta-21.navy.mil.

The Mustang Association is a group of officers who started out their military careers as enlisted personnel. There are many here at EMF Kuwait. They all work in a variety of settings from patient care areas and administration to support services. You never know who might be a Mustang.



LCDR David Reiter shares his Naval experiences with HM3 Carlos Cervantes. Photo by LT Rebecca Taylor

Biographies were available on many Mustang Association members. Several of the Mustangs also gave informal presentations, telling a little history about themselves and how they had gone on to the officer ranks, their experiences, and words of wisdom.

The atmosphere was informal and everyone felt relaxed enough to let the conversations between officers and enlisted flow freely. Refreshments were provided and added to the festive mood of the event. Everyone dined on pizza, cheesecake, fresh vegetables, hot wings and all the fixings of a good party.

Special thanks go out to LCDR LaDawn White, LT Lisa Hill and LT Eric Simmons who coordinated the event, and to all the Mustangs who contributed a biography for the evening. Although I am approaching the end of my Naval Career, it was inspiring to see the interest and enthusiasm of the young Sailors. These are the leaders of the future, and I feel the Navy is in good hands.



LTJG Glenda Hedstrom takes time to speak to enlisted Sailors about being a Mustang. Photo by LT Rebecca Taylor

PERSONNEL NEWS

JULY ENLISTED PROMOTIONS

HM2 JOSHUA KARRASCH

HM3 DAVID WARD

JULY AWARDS

NAVY & MARINE CORPS COMMENDATION MEDAL

CDR MARY BAVARRO
CDR JONATHAN RICHARDSON
CDR JANIS CARLTON
LCDR KATHY HANSEN
LCDR KEVIN MCGOWAN
LCDR LINDA SPENCER
LT JING-JING CARDONA
LT ANDREW SMITH
HM1 JEAN HALLMARK
HM3 DEBRA HANSON

CDR MARK DICK
CDR PETER WOODSON
LCDR MARY BROWN
LCDR BRUCE LUDWIG
LCDR MARTHA MICHAELSON
LCDR SALLY TAMAYO
LT CHRISTINE COETZEE
HM1 NICOLE GONZALEZ
HM1 VINCENT SOTO

NAVY & MARINE CORPS ACHIEVEMENT MEDAL

LCDR MARC FOGELSON
LCDR JAYDE KURLAND
LCDR STEVEN MATIS
LCDR DAVID REITER
LCDR TRACY SWANSON
LT ROBERT HINES
LT WILLIAM RODRIGUEZ
LTJG SHARON BROWN
ET1 BYRON GALENTINE
PS1 MARTIN VALDIVIAJAUREGUI
HM2 ASHLEY ALDEGUER
SK2 MICHAEL FERNANDEZ
HM2 JOSHUA KARRASCH
HM2 JOHN MCDONOUGH
HM2 ERICKE SLAUGHTER
HM2 JOHN WILKE
HM2 SOUTSAKHONE SANAETHAVONG
HM3 NATHAN CARSMAN
HM3 VICTORIA HARRIS
HM3 MIRIAM LAFFOON
HM3 KRISTIN MCBEATH
HM3 MELODEE PADRIGO
HM3 VERONICA PENUNURI
HM3 TREVOR SEARCY
HM3 BRIAN SELLMAN
HM3 JOSEPH SMITH
HM3 JESSICA SQUIRES-LEPAGE
HM3 MARTINE TRUITT
HN DAVID ALVAREZ
HN RACHEL FULLER
HN BETHANY MOATS
HN JOSHUA PHILLIPS
HA PATRICK STARLING

LCDR LEONARD HENRY
LCDR ROYAL LOMBLT
LCDR JOSEPH MCPHEE
LCDR MARK RUCH
LT DAWN EATOUGH
LT CHARLOTTE LISSL
LT REBECCA TAYLOR
HM1 BONIFACIO BALDONADO
HM1 ERIC GETER
HM1 JAMONE ROBINSON
HM2 MARCUS ARNOLD
HM2 ANNIE JAMES
HM2 CRESSIE MABINS
YN2 BLANCHE PHLAUM
MA2 NHATGUYEN TRAN
HM3 YAZMIN AVILA-LIMA
HM3 KIRK COURTNEY
HM3 BLAKE HOLT
HM3 ANTIWAN MAXWELL
HM3 TYLER NEWTON
HM3 JENNIFER PATACISIL
HM3 FREDERICK RANA
HM3 ROBERT SEELEY
HM3 MICHELLE SILL
HM3 MARIE SURO
HM3 ROY TREADWELL
HM3 ANGEL VICENTE
HN MARK DUNN
HN LUIS MEDINAREYES
HN MATTHEW NAREZ
HN LAQUINIA WILLIAMSON

JULY AWARDS

FLAG LETTER OF COMMENDATION

HM1 SCOTT CARTER
HM2 DON JACOBS
HM3 MICHAEL AHNER
HM3 LORRENA CLARK
HM3 AARON DAVIS
HM3 CANDACE HEROLD
HM3 CHRISTOPHER MATTHEWS
HN SERGIO ACOSTA
HN JEREMY BESS
HN KEEGAN MARCANTEL
HN KYLE TUCKER

HM2 MATTHEW HOLMES
HM2 AREN MORICAL
HM3 GLEN BURRAGE
HM3 DEREK DESISSO
HM3 KAYTI GRAY
HM3 TRACEY PURDUE
HM3 LINDSEY ROGERS
HN NABIEU BANGS
HN ASHLEY WEHNER
HN ROBERT MCLACKLIN
PSSN DANIEL WHEELER

LETTER OF COMMENDATION

HM2 ARNEL DAVID
HM2 VANESSA SILVA
HM3 KYLE EVANS
HM3 MICHAEL JORDAN
HM3 KUDITSHINI MUKENDI
HM3 DESIREE STEWART
HN COURTNEY ARTHUR
HN DIENA COOPER
HN CHU DING
HN BENJAMIN ELLIOTT
HN TRINIE JESTINE
HN ERIC KAHLER
HN MARTIN MARTINEZ
HN MICHAEL STONE
HN JOHN TUCKER
HN SHERROD WILLIAMS

HM2 SANDRA JONES
HM3 MELVIN CARTER
HM3 JOSEPH KADDY
HM3 SEAN MAHER
HM3 HOANGHAI NGUYEN
HM3 DOUGLAS WARD
HN BRADLEY BENNETT
HN WILLIAM DAVIS
HN KEISHA DRAPER
HN NOEMCLAY GALLEG0
HN DARREL JONES
HN KRISTIAN LAZARO
HN PAULMICHAEL SOTELO
HN CHRISTIAN TILLEY
HN GENE VALBUENA

LETTER OF APPRECIATION

MA2 DAVE BOULT
HN KAVINA BENJAMIN

MA3 TOMMY RAMIREZ
HN CLINT MCNAY

COMMAND COIN

CDR PHILIP BLAIN

LT DONALD VEACH

OMBUDSMAN INFORMATION

Ombudsmen serve as the civilian advisory and liaison for the command in matters pertaining to the family members of deployed personnel. They are a very important link to the success of any deployment and offer numerous resources, updates, and other valuable information to family members.

The Ombudsman POC for all EMF-Kuwait personnel is Mrs. Becky Cornforth at bycornforth@cpen.med.navy.mil. (Phone: 760-385-9614)

BIOGRAPHY SPOTLIGHT

ENLISTED BIOGRAPHY SPOTLIGHT

CHIEF HOSPITAL CORPSMAN (SW/AW)

KIMBROUGH JOHNSON



HMC(SW/AW) Kimbrough K. Johnson was born February 16, 1968 in Memphis, Tennessee. He has served in the Navy for 20 years as a Hospital Corpsman. After graduating from Hospital Corps School, Great Lakes, his first tour was at Naval Hospital Camp LeJeune from 1986-1989. During his tour, he volunteered for a deployment onboard the USS GUADALCANAL (LPH-7) as a Medical Regulating Team Corpsman. After deployment, and completion of his tour at Camp LeJeune, he attended Basic X-Ray Technologist School, then went back to sea on the USS WISCONSIN (BB-64) out of Norfolk, Virginia. This was the first of four tours in the Persian Gulf for Chief Johnson.

After his tour on the WISCONSIN, he was assigned to Naval Medical Center Portsmouth (NMCP) before reporting to Advanced Radiologic Technologist School, then returned to NMCP where he stayed until 2000. There he specialized in Vascular Procedures and Computerized Tomography (CT) and became a registered radiographer. He was Leading Petty Officer of several divisions in Radiology and he realized that management would be his career goal once retired from the Navy.

Chief Johnson transferred to the USS HARRY S. TRUMAN (CVN-75) in 2000. While onboard the TRUMAN, he did two tours to the Arabian Gulf, earned a Navy and Marine Corps Commendation Medal and qualified as Enlisted Surface Warfare Specialist (ESWS) and Enlisted Aviation Warfare Specialist (EAWS).

Chief Johnson is currently stationed at the Naval Branch Health Clinic, Naval Support Activity Mid-South in Millington, TN as the Leading Chief for Ancillary Services and Primary Care. This would have been his last tour in the Navy but he decided to stay in and subsequently volunteered for this deployment.

He and his wife Sonika love to lounge, eat and travel. They have four boys, Derrick (20), Randy (15), Justin (14), and Gregory (12). At present, he is working to complete his AA in General Sciences and desires to pursue a career as a Radiology Manager or become a Hospital Administrator.

Chief Johnson volunteered to deploy with EMF Kuwait because he loves his country, loves how the Navy has developed him and desires to give back. He feels it is not about him, but the Sailors he serves as a Chief Petty Officer in the Navy.

OFFICER BIOGRAPHY SPOTLIGHT

COMMANDER ANDREW NELSON, MC, USN



CDR Andrew Nelson is the Senior Medical Officer at Troop Medical Clinic Camp Arifjan. Originally from Houston, Texas, he graduated from the University of Texas at Austin with a Bachelor of Arts Degree in 1981 and completed medical school also at the University of Texas at Austin four years later. After completing Family Medicine Residency, he taught Family and Community Medicine at University of Missouri for three years prior to joining the Navy. Always fascinated by military history, he read about it often and realized, "I could be a participant in history rather than an observer. So I called my Navy recruiter."

Commissioned in May of 1991, he entered active duty the following month at the Navy Aerospace Medical Institute (NAMI) in Pensacola, FL, where he received Navy Flight Surgeon wings in April 1992. His first assignment was to Carrier Air Wing Nine (CAG-9), Lemoore, CA. From Lemoore, he made his first deployment aboard USS NIMITZ (CVN-68) in support of Operation Southern Watch. From Lemoore, he went to Navy Flight Demonstration Squadron, Pensacola, FL, where he served as the medical officer for the Blue Angels, followed by a tour at Branch Medical Clinic Everett, WA. Accepted to attend Full Time Out Service (FTOS) at Tulane University, he received his Master's Degree in Public Health and Tropical Medicine in 2001.

Following school, he returned to NAMI as a resident in Aerospace Medicine and upon graduation took orders to USS GEORGE WASHINGTON (CVN 73) as the Senior Medical Officer. CDR Nelson quipped that the WASHINGTON is, "the ship the ENTERPRISE wishes she could be." After completion of this tour, Dr. Nelson reported to his current assignment at Naval Medical Center Portsmouth where he serves as Senior Medical Officer, Branch Medical Clinic Sewell's Point.

Of his Navy experience, CDR Nelson said, "I have had a great time in the Navy, each duty station has been challenging, interesting and fun in its own way. Each one had something the others did not; CAG-9 was a great operational experience, of course The Blue Angels was particularly exciting. Everett, WA was set in spectacular surroundings, Tulane was a great educational experience and on the (GEORGE WASHINGTON) I was totally immersed in the ship and her crew and it really shaped me as a senior officer. Even TMC Arifjan has been rewarding in its own way; we practice good medicine, get to work with the Army, and what a great place to get in shape! So, whatever the Navy throws my way I will delighted to catch it and run with it."

He is married to Bobette and they have two wonderful boys, Walter (8) and Sam (6).

AROUND THE HORN WITH EMF KUWAIT: CELEBRATING THE 108TH BIRTHDAY OF THE HOSPITAL CORPS



The Benefits Of Dental Cross Training At Troop Medical Clinic Camp Buehring

By LCDR Martha Michaelson, DC, USN

Thanks to the efforts of Leading Chief Petty Officer, HMCS Karie Ewing, and Leading Petty Officers HM1 Robert Hauser and HM1 Bonifacio Baldonado, nine corpsman from the medical side of the Troop Medical Clinic (TMC) at Camp Buehring have had the opportunity to spend a week learning the essentials of dental assisting. This has been a win-win situation for both medical and dental as the corpsman had a chance to expand their clinical skills as well as increase their knowledge base for their advancement exam. An increased number of staff trained in the basics of dental assisting has had a positive impact on continuity of care, especially during the surge periods.

Corpsman are exposed to basic chairside assisting for routine restorative procedures as well as oral surgery, root canal therapy and basic dental exams/charting and radiology. Initially, the corpsman observe and when comfortable, work directly with the doctor under supervision of a trained dental technician. Duty responsibilities are shared between medical and dental, so having corpsman familiar with the basics in dental streamlines management of after-hour dental emergencies. Two corpsman who have had the training, HM2 Vanessa Silva and HN Brad Bennett, recently showed outstanding initiative in expediting emergency care during two significant after-hours dental emergencies.



HM2 Vanessa Silva assists CDR Jorge Graziani while training as a chairside assistant. Photo by HM1 Bonifacio Baldonado

The most recent "graduate" of the week long training was HN Kyle Tucker who had these insightful remarks on his hands-on training, "It was a good experience because the reality of the merge is really setting in for both sides. I feel being somewhat experienced in both dental and medical is important for professional growth."

Coupled with the hands-on clinical training there was a series of lectures provided by the dental staff. Topics included basic chairside assisting by HM2 Cressie Mabins, dental radiology training by HN John Tucker and HN Leonardo Castaneda and a presentation on Dental Record Management and Charting by HM2 Tyisha Harden and HM3 Shayla Thompson. Lectures by the dental providers included topics such as Fluoride Therapy and Preventive Dentistry, Dental Emergency Management and Restorative Treatment Options.

Collectively, the hands-on cross training and the presentations in the dental clinic at Camp Buehring have been a collaborative team effort. The training makes us better equipped to provide outstanding dental care to our patients.

From the Editor:



As our deployment draws to an end and Wave 1 Sailors ready for their relief to arrive, I would like to publicly thank the staff members of the *Desert Anchor* that have been so supportive over the past six months. Putting a newsletter such as this together takes quite a bit of hard work, that typically goes unnoticed to the reader. This is not an assigned billet, rather the work is done in addition to their regular job and any collaterals that they may have.

It all starts with a staff meeting where we brainstorm story ideas looking for what might be of interest to the EMF staff as well as our families and shipmates back home. The stories are then assigned to a staff member who conducts research, gathers pictures, conducts interviews and even solicits additional material. We meet each week to evaluate status until the articles are completed. It is here where the staff decides, as a group, what actually makes it to print. Once the issue is finally ready for review, it is forwarded to the Managing Editor, CAPT Lee Cornforth, then up through the chain of command for approval.

Making up the staff is LCDR Tracy Swanson, HMC(SW/AW) Chris Miller, HM1(FMF) Vincent Soto, HM1 David Crain, HM2 Kellie Milton and HM3 Debra Hanson who took almost all the pictures. We've had many people contribute material throughout my tenure, but these Sailors have worked on the paper from the start, each week and on every issue. They are the backbone of what I feel has been a very high quality newsletter. It has received praise from all over the world and it is all because of them. It has been a pleasure serving with you all. See you in the fleet!

HMCS(FMF) Robert W. Lohner, USN

Murals Appear and Improve Each Night



Photos by HMC(SW/AW) Christine Miller



By HMC(SW/AW) Christine Miller

The artist behind the three paintings on the front barriers is HN Noemclay Gallego, from Nursing Services. He is a General Duty Corpsman on team ONE (team nickname - Halisky's Hellions) and is on night rotation. HN Gallego is originally from Vallejo, CA, and is currently stationed at the National Naval Medical Center, Bethesda, MD. He has previously been stationed at Naval Hospital Corps School, Great Lakes IL, graduating on 8 July 2005. He joined the Navy and has used his education benefits to pursue his education in the arts. His goals include Field Medical Service School, Advanced X-ray School and a digital art degree. From the looks of our eye catching barriers, it looks like he is well on his way!



Coming in on their off-time, HN Noemclay Gallego (right) and HM3 Meghan Halisky take advantage of the cooler night weather to touch up to one of HN Gallego's murals.



HN Paul Sotelo, center, is pictured with LTG Peter Chiarelli, left, and GEN George Casey after becoming a US Citizen in Baghdad, Iraq. Photo by HM3 C. Matthews

Sotelo Becomes US Citizen

By HMC(SW/AW) Christine Miller

As a US citizen, HN Paul Sotelo was truly born on the 4th of July. He took the oath of allegiance at Camp Victory in Baghdad on July 4, 2006 while accompanied by HM3 Christopher Matthews.

HN Sotelo was born and raised in the Philippine Islands. In June 2003, he joined his family in the United States in Merrimack, New Hampshire. He is the second eldest of five brothers and sisters. HN Sotelo joined the U.S. Navy on 24 Jun 2004, graduated HM 'A' school on 15 Dec 2005 and is currently assigned to Naval Medical Center San Diego on Ward 4W.

COMMAND NEWS & EVENTS

Old Goats School Youngsters



Photo by HM2 Kellie Milton

By HMCS(FMF) Bob Lohner

The legendary teamwork, communication and experience of the Chief Petty Officer Association (CPOA) was on display July 30 as the CPOA thwarted the Senior Petty Officer Association (SPOA) in a best of five volleyball match. This match was a part of the "challenge series" that was implemented by the Junior Enlisted Association (JEA) to promote morale and camaraderie. The 'old' Chiefs easily won the first two games 15-6 and 15-10 before the SPOA pulled out a win in game three 15-10. The SPOA excitement was short lived though as the older CPOA regrouped and closed the door in game four, winning the game 15-8 and the match three games to one. Master Chief Eric Faulkner, CPOA team captain, stated "I saw the SPOA shirts, it looks to me like the CPO's got some (see story to right)." Chief Rolo Abeldano boasted, "The key was teamwork and communication. This win says Chief's Rule." The match was well attended and hard fought on both sides of the net with several long rallies. The victorious CPOA now await a challenge from the JEA. Under rules of the competition, the challenger selects the event.

Caption Contest #2 Winner



"I'm not touching it, you touch it," submitted by LCDR Linda Spencer.

Honorable Mention to LCDR LaDawn White for her caption, "I told him not to run during black flag conditions."

Senior Petty Officers Tame Junior Enlisted



Story and Photo by HM1(FMF/SW/AW) Vincent Soto

On June 12, the Senior Petty Officer's Association (SPOA) and the Junior Enlisted Association (JEA) squared off on the football field to see who would be victorious in the 1st EMF Association Challenge. The JEA led by their president, HN Benjamin Elliott, had youth, speed, strength and trash talking which they provided up to the very beginning of the game. The SPOA and their president, IC1 Julio Salazar, had knowledge, wisdom and a secret weapon. The SPOA quickly scored two touchdowns which the JEA could never recover from in their 5-3 loss. The SPOA quarterback and secret weapon, HM1 Vincent Soto, stated "it was all about fun and playing together as a team and that is what we did to win." At the end of the game the JEA handed over the Trophy and the Bragging rights to the SPOA. The SPOA'S next challenge is against Chief Petty Officer's Association. As the Senior Petty Officer's would say "We beat JEA, CPO's Want Some?"

Cheerleaders Visit Hospital



HM2 Gustin Hubble poses with the Denver Bronco Cheerleaders who were passing through Kuwait to help raise morale. Photo by HMC Adam Breede